



January 17, 2023

J. R. Robson High School

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Principal's Corner

Happy New 2023 Year. As we returned to classes January 9 our Grade 12's soon after started their Diploma exams. Just a reminder that the last day of critical content for Grade 12 is January 18 and Grade 10-11 January 20. Junior high students continue with regular instruction. The exam schedule is included in this newsletter.

I would like to remind all parents that on January 26 BTPS will be holding a Stakeholder Engagement Session at 6:30 pm at Vermilion Elementary School. The goal of Public Engagements is to hear directly

from parents, families, staff and students about their goals and priorities for BTPS. More information follows in this newsletter. Please attend if you can. Below: Grade 7 students at the Food Bank



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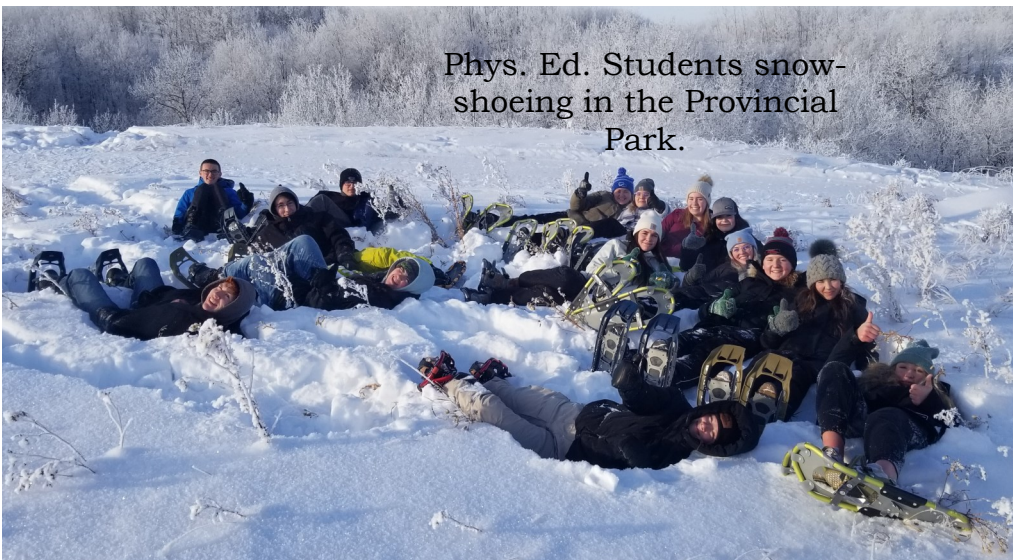
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School Council Meeting

Wednesday,
February 22
7 pm at JRR

All parents welcome!

Around the School



Phys. Ed. Students snowshoeing in the Provincial Park.

Website:
jrrobson.btps.ca
School Calendar
<http://jrrobson.btps.ca/Calendar.php>
Facebook:
<https://www.facebook.com/JRRobsonSchool/>
App
<http://bit.ly/JRRapp>



Counsellor's Corner

Welcome Back! We hope you have had a restful, relaxing holiday and are ready to hit the books for the final month of Semester 1.

If there are any **grade 12 students** who are having trouble applying for post-secondary study, need scholarship information, or need further information about attending a post-secondary school, please contact Mrs. Polishuk, who would be happy to assist you. Alexander Rutherford Scholarship and Student Loan applications are available online at <https://studentaid.alberta.ca/> and applications need to be in the semester prior to you attending post-secondary schools.

For Grade 12 Students who are looking for extra resources for preparation on your Diploma Exams, **Diplomax** may be for you. Diplomax involves in-class or online Diploma Preparation Classes for Students in Alberta. Students from Buffalo Trail Public Schools have used these resources in the past and have found them very helpful. Check out this website for more details: <http://diplomax.ca/>

Grade 10-12 students are encouraged to make sure your MYPASS account is active, as that is where you will receive your marks for your diploma examinations, explore options of remarking or rewriting the exam if required. <https://public.education.alberta.ca/PASI/myPass/Welcome/Index> Please remember to use your home email address and contact information as your BTPS account will cease to exist after graduation.

To access **scholarships**, students should start searching and gathering data to apply for these in grade 10. Here is the website link to all of the scholarships that we are aware of at the school level. Applying for scholarships is an individual task as so many of them pertain to certain situations. A link to this website will also be posted on the J. R. Robson website <https://jrrobson.btps.ca/students/scholarships>

Timetable changes: The end of January marks the completion of the first semester.

The J. R. Robson timetable was created based on student demand, so the opportunities to switch classes may be challenging. With this in mind, if you require a timetable change for the second semester, please contact Mrs. Polishuk or Mrs. Hart during exam week to check out the possibilities, as we like to have students begin semester 2 in the right classes.

As counsellors, we would like to encourage **all grade 10/11 students** to attend open houses or arrange buddy days at post-secondary institutions, job shadow people in fields that interest them, find part-time employment in areas in which they may have career aspirations, and do career research into potential careers. If you can narrow down the post-secondary institution that is right for you, it is one step further along the career decision-making pathway.

For **grade 11 students**, who are still searching for a career path, the **Strong Interest Inventory** is a tool we use to assist you on your career planning journey. Please see Mrs. Polishuk, Mrs. Hart or Mrs. Mathison for more details on how to access this tool.

For **Work Experience students** please make use of the online format which has been created to make the evaluation of work experience easier for all. Please see Mrs. Polishuk or Mrs. Hart if you need additional help getting started in the online environment.

The Alberta Government has increased funding to our Social Emotional Coach Program, so that means we have counsellor time available to students. We would like to welcome **Amy Olobayo** to the **Social Emotional Coaching Team**. Amy will be working with our students on Tuesday (all day) and Friday mornings. **Cassie Digness-Melnechenko** will continue her work as a **Social Emotional Coach** on Monday (all day), Wednesday (all day) and Friday mornings. We are fortunate to have additional support in our school. Stop in to say hello and introduce yourself.

(Continued on page 3)

Counsellor's Corner Con't

For **Junior High Students**, you will begin **new complimentary classes** when you start semester 2. Come prepared for another semester of fun. Continue doing your best and enjoy your semester.

Remember the **ski trip was rescheduled for March 23**.

A copy of the **Exam Schedule** is below. Preparing for final exams is a stressful experience and can create a lot of anxiety. Here are some **Quick study tips**:

- Have a place to study. Avoid studying in your bed, have a desk or table where you can study
- Take frequent breaks. Work for 15 minutes take a 5 minute break
- Have all materials you might need to study -- make a basket with necessary study items (pens, pencils, markers, highlighters, post it notes, cue cards, etc)
- Study a little every night to prepare for your upcoming exams
- Attend review sessions or complete review booklets

- Get plenty of rest
- Stay hydrated and eat nutritional foods
- Put away all electronic devices that may be a distraction

VIBE has introduced each of you to a number of strategies to **reduce test anxiety**. For the day of your exam here are some helpful techniques:

- Stay hydrated -- have a bottle of water with you
- Get plenty of rest the night before the exam
- Practice mindfulness activities
- Do some chair yoga while you are waiting for the exam to begin
- Practice deep breathing prior to the exam -- helps relax your muscles so you can relax
- Visualize a positive result
- Positive Self-Talk
- Do all the questions you know first and come back to the harder questions

Senior High Exam Schedule – January 2022

Thurs, Jan 12	9:00 AM	English 30-1/30 – 2 Part A
Fri, Jan 13	9:00 AM	Social 30-2 Part A
Wed, Jan 18, 2023 is the last day of Semester I classes for Gr. 12		
Thurs, Jan 19	9:00 AM	Math 30-1/30-2
Fri, Jan 20	9:00 AM	English 30-1/30 – 2 Part B
Fri, Jan 20, 2023 is the last day of Semester I classes for Gr. 10&11		
Mon, Jan 23	9:00 AM	Social 30-2 Part B
		Social 20-1
		Math 10C
Tues, Jan 24	9:00 AM	Biology 30
		English 20-1
		Social Studies 20-2
Wed, Jan 25	9:00 AM	Chemistry 20
		Social 10-1
Thurs, Jan 26	9:00 AM	Physics 30

FREE FAMILY & PUBLIC SWIM

at Lakeland College Vermilion Aquatic Centre



Sponsored by
ARPA

& Vermilion Wellness Coalition



Friday January 6th, 2023 6:30-8:00 p.m.
Saturday January 14th, 2023 1:30-3:00 p.m.
Friday January 20th, 2023 6:30-8:00 p.m.
Friday February 3rd, 2023 6:30-8:00 p.m.
Saturday February 11th, 2023 1:30-3:00 p.m.
Friday March 3rd, 2023 6:30-8:00 p.m.



FREE FAMILY BOWLING



Sponsored by:

ARPA

&

Vermilion Wellness Coalition
at Striker's Lane in Vermilion
4902 49 Ave

Saturday January 7th 2023 3:00 - 4:00 p.m.

Friday January 27, 2023 7:00 - 8:00 p.m.

Friday February 10th, 2023 7:00 - 8:00p.m
FAMILY DAY Monday February 20th, 2023 2:00 - 3:00 p.m.



Christmas 2022

Pirate Crews collected a total of 1101 food items, 6 big toys and \$140 dollars.

Congratulations to Ms. Terkper's 7B class on winning the food bank donation competition!! Pancake breakfast and activities occurred on the last day before Break.





YOU ARE INVITED!

BTPS FOUR YEAR EDUCATION PLAN

EDUCATIONAL STAKEHOLDER ENGAGEMENTS



To create our next Four Year Education Plan for 2023-2027, BTPS is hosting five stakeholder engagements in January and February. Four will be in person and one will be online. These sessions will allow all BTPS stakeholders, including parents/guardians, teachers, staff and education stakeholders across the division to meet and discuss future priorities for our Four Year Plan. At these sessions, you will have the opportunity to share strengths and wishes for our division as we gather input to set priorities for the next four years.

DATES

Wednesday, January 18, 2023 | 6:30 - 8:00pm | Provost Public School

Thursday, January 19, 2023 | 6:30 - 8:00pm | Wainwright Elementary School

Wednesday, January 25, 2023 | 6:30 - 8:00pm | Kitscoty Elementary School

Thursday, January 26, 2023 | 6:30 - 8:00pm | Vermilion Elementary School

Wednesday, February 1, 2023 | 6:30 - 8:00pm | **ONLINE SESSION**

LINK WILL BE SHARED THROUGH YOUR SCHOOL

WE HOPE TO SEE YOU THERE!



Hope After Loss: Audra's Legacy A Program For Grieving Children & Youth

A group designed to support children & youth experiencing grief and loss due to a death of a special person.

Program dates (10 week program)

Vermilion and Lloydminster begin Tuesday, January 24th

Ages 6-11 and 12-16

Kitscoty:

Legion Hall, 4922—50 Avenue

6:30 p.m. - 8:00 p.m.

Support for parents will be available as well during this time.

Parents / Caregivers required to remain onsite.



Cost is \$20 per family. Subsidy is available.

Preregistration is necessary. Space is limited.

To register or for more information,
contact Shirley at (780)846-2576 or
Gayle at (780)808-1645

Funding provided by:

*FCSS City of Lloydminster, FCSS County of Vermilion River, FCSS Town of Vermilion,
FCSS Town of Wainwright, FCSS Village of Kitscoty, FCSS Village of Marwayne,
and donations from the community.*

*We are a non - profit charitable society
and donations are always welcomed.*

Service Provider:

Walking Through Grief Society

In Partnership with VIBE

The Grief Support
Group will cover the
following:

Death and Grief and Loss

Feelings

Fears, Guilt, and Regrets

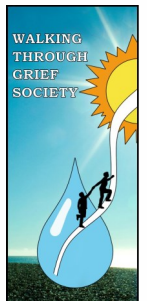
Memories

Healing

Self-Care and Support

Rituals and Special Days

Saying Goodbye



What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that is heated into a vapour and inhaled by the user. Vapes have batteries (rechargeable), a heating element, a mouthpiece, and a place to hold vape liquid.

Vapes come in different shapes and sizes:

- may look like a pen or USB (which makes them easy to conceal) or like a “lighter” with a refillable tank and often sport cool or pretty designs
- some vapes are hidden in stealth products, like watches, hoodies, or gaming devices

What is vape liquid?

It is a mix of chemicals, flavours, and different levels of nicotine. It comes in flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

Why do young people vape?

Teens say they vape because it’s enjoyable or they like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress or help them fit in with friends.

How harmful is vaping?

Scientists are still learning, but here is what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. It causes intense cravings and nasty withdrawal symptoms.
- Vaping liquid and the aerosol created contain harmful substances, some cause cancer and lung disease.
- Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don’t vape.

Talk to your children about vaping

With time and practice, talking about vaping will strengthen the relationship you have with your teen.

- Check out credible sources of information together. [Consider the Consequences of Vaping](#) - is a great resource. Help them think about the consequences of vaping in ways that are meaningful to them.
- Talk about vaping when it comes up in real life. Ask open-ended questions like what have you heard about vaping?
- Talk with them about what it means to think and act independently; and to make good decisions.

MORE RESOURCES

Schools.HealthierTogether.ca

Search “vaping”

AlbertaQuits.HealthierTogether.ca

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

